

# WHAT TO BRING

This list is by no means exhaustive, but it provides **some** suggestions for you to consider. It is up to **you** to ensure you have what you need for the trip. Consult with travel guides and other resources as well.

Please also consult the University of Ghana International Programmes information for students at:

<http://www.ug.edu.gh/ip/Student%20Info.html>. Information there will help orient you to the location and answer some of your questions. Note: As you will not be full-time students at the University of Ghana, some of the information will not be relevant to you.

## Travel Documents

For example, passport, immunization booklet, emergency contact numbers, etc. Also bring an extra copy(s) of all for you and leave with someone back home. (Consult the DFAIT “Before You Go” website at:

[http://www.voyage.gc.ca/main/before\\_menu-en.asp](http://www.voyage.gc.ca/main/before_menu-en.asp). The information there is important to your personal preparations.

Also be sure to consult: [http://www.voyage.gc.ca/main/pubs/bon\\_voyage\\_but-en.asp](http://www.voyage.gc.ca/main/pubs/bon_voyage_but-en.asp).)

## Financial Resources

For example, USD in cash and in American Express travellers cheques—please remind me to comment on issues around the denominations at our meeting. Also consider the comments made by previous students regarding ATM usage, and so on and make choices that are most suitable to you. Ensure that you have adequate funds for all your needs.

## Clothing

- Lightweight, quick-drying and long enough to protect from the sun and mosquitoes,
- Running shoes or comfortable, closed-toe shoes that breathe (amphibian or mesh runners work well)
- Alternate pair of shoes would be good in case one pair bothers your feet or gets wet (we are more in the thick of the rainy season this year)
- Lightweight, breathable, quick-drying socks and undergarments (socks help prevent foot injuries and mosquito access to your skin)
- Lightweight, breathable rain jacket and/or compact umbrella
- Lightweight hat for sun (and possibly rain) protection
- Flip flops (for showers and as slippers in the hostel)
- Lightweight sleepwear
- Belt
- Hat
- Sunglasses

## Other Gear

- Headlamp (we will also provide each room with a crank flashlight to be donated to the village at the end)
- Mosquito net and the “fixings” to hang it (duct tape, dental floss, bungee cords, twine, etc.)
- Bedding (inexpensive sheets or sleeping bag liner, travel pillow)
- Quick-dry towel
- Lightweight travel dishes and cutlery for the hostel and the village field trip
- Swiss Army knife
- Plug adapter set (The most common adapters will be shown again at the meeting.)

From the UGhana website: *Voltage is 220 volts [North America, 120 volts] and the plug is the same as used in Great Britain (large 3 pin). Your laptop probably works on either 120 or 220 volts but you will need an adaptor to plug your laptop into the power point. Any other electrical equipment should be dual voltage or you will need a voltage converter.*

- Unlocked multi-band cell phone with the appropriate GSM for Ghana (Note: this is optional/a personal choice. Local SIM cards and minutes are inexpensive. As mentioned, we will have a couple of cell phones for you to share for

communications and emergencies.)

- Camera and adequate storage for lots of photos (Some students commented that batteries were difficult to find. If your batteries are not rechargeable, consider bringing some spares.)
- Small locks for backpack/bag zippers and for the wardrobe (if the latches work) in your hostel room
- Flexible cutting board

### **Personal Care Products**

- Hand sanitizer that does not require water to function (bring lots)
- First Aid Kit – well stocked with a thermometer in a protective case (good to monitor any fevers), bandages, antibacterial supplies, personal prescription and over-the-counter medications (Consider the medical advice you received from Travellers' Health regarding prescription and non-prescription items--anti-nauseants, anti-diarrheals, anti-fungal creams/treatments--**and so on** and consult your pharmacist for advice.)
- Nutritional supplements, especially to replace dietary needs that may not be easy to meet there (Certain food items may not always be readily available from day to day and you will need to consider the issues with refrigeration, preparation, etc. in your food choices.)
- Granola bars, instant porridge, power bars, flavoured powder for water bottles (esp. for the village or until you settle on how you will eat/shop/etc)
- Wipes
- Cetaphil or a similar cleanser that does not require water
- Mosquito repellent (repellents for skin application are **not** available in Ghana)
- Sunscreen (**not** available in Ghana and crucial given the strength of the equatorial sun)
- Feminine hygiene products (only sanitary napkins are available there and they may be different than what you are used to)
- More than 1 toothbrush
- Toilet paper
- Duct tape

### **Luggage/Bags**

- As little as possible with room to bring back souvenirs (Consider packing an extra duffle bag—something that folds well/small—to bring back items you get there.)
- Small bag for everyday transportation of your money/travellers' cheques, camera, journal, etc. (Consider ways to keep valuables inaccessible and/or out of sight.)
- Small bag (perhaps the duffle mentioned earlier as it can be squished if not full) for the field trip to the village (The more we bring with us, the less comfortable the bus ride will be.)

### **Course**

- Journal. (It will be handed in twice during the course, you may wish to choose options to gather **loose pages** so that you can hand in your entries, but continue working on new ones while Nana/George reads the ones you have submitted.)
- Course readings (A small pack will be provided to you before you leave.)
- Memory stick (If the technology works there, you **may** be able to use it in the computing centre to save photos, drafts of your work, etc.)
- Pens or pencils

Note: there is a bookstore on campus and a pharmacy close by where supplies can also be purchased.

### **A Note from a Coffee-Lover:**

The coffee in restaurants, etc. will almost always be instant. If you cannot bear instant (and you do get used to it after a while), consider bringing your own grounds and a travel coffee press/mug.